



A Taste of

AUTUMN

COOKBOOK



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AUTUMN

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Autumn is here! The leaves are changing, and there is a crisp breeze in the air. Arriva Medical is proud to be your provider of choice for your diabetic supplies. To show our appreciation and to thank you for choosing us, we have created this special cookbook for you.

Arriva Medical understands how challenging managing your diabetes can be. *A Taste of Autumn* was designed to provide you with easy-to-follow, healthy recipes that are perfect for autumn. These healthy recipes will provide you with the proper nutrients and dietary exchanges per serving that you need to eat right.

We know some of the recipes in this cookbook will become favorites for you and your family. You will be able to enjoy healthy, delicious food while managing your diabetes.

We at Arriva Medical pride ourselves on our highly trained, caring, professional staff. We offer the latest in blood glucose testing technology; free, convenient home delivery; the best customer service, and we trust that this cookbook and our staff will help you see why Arriva Medical is *America's Choice for Diabetic Supplies*.

Thank you for choosing Arriva Medical!

HAPPY AUTUMN!

Your friends at



America's Choice For
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Per Serving:

Cal 135, Protein 19g, Fat total 6g, Carb 3g, Fiber 1g, Sodium 376mg

Exchanges: Meat and Meat Substitutes 2, Nonstarchy Vegetables 1, Fats 1

Crustless Mini-Quiches

Serves 2

Olive oil spray

1/2 cup thinly sliced mushrooms

1/2 cup finely chopped spinach

6 egg whites or 3/4 cup liquid egg whites

1/2 cup reduced-fat cheddar cheese

1 green onion, thinly sliced

1 Preheat oven to 350°F. Line a 6-cup muffin tin with foil cups and spray the inside of each foil cup with olive oil.

2 Heat a small nonstick pan over medium heat and spray with olive oil. Cook mushrooms for 2-3 minutes until softened. Add spinach and cook another 2-3 minutes until spinach is wilted and mixture is dry. Transfer to a small bowl and cool for 5 minutes.

3 Add egg whites and cheese to spinach-mushroom mixture and stir well. Spoon evenly into muffin cups. Bake for 15-20 minutes or until a toothpick in center of quiches comes out clean.

4 Top each mini-quiche with sliced green onion rings for garnish.



Per Serving:

Cal 35, Protein 5g, Fat total 1g, Carb 3g, Fiber 1g, Sodium 128mg

Exchanges: Nonstarchy Vegetables 2

Simple Spinach Dip

Serves 8

1 cup fat free cottage cheese

1/2 cup fat free Greek yogurt

10-ounce package frozen, chopped spinach, drained and thoroughly squeezed dry

2 teaspoons salt-free seasoning

2 teaspoons lemon juice

1/4 teaspoon garlic powder

1/4 teaspoon paprika

2 tablespoons minced fresh parsley

Fresh watercress, optional for garnish

1 Combine cottage cheese and yogurt in a blender or food processor and process until smooth and creamy. Add spinach, seasoning, lemon juice, garlic powder, and paprika and process, turning off and on, until smooth but spinach is not completely pureed.

2 Transfer to a serving bowl and garnish with parsley and watercress, if using. Serve with raw vegetables of your choice, such as mushrooms, bell peppers, celery, and carrots.



Per Serving:

Cal 60, Protein 7g, Fat total 2g, Carb 4g, Fiber 1g, Sodium 129mg

Exchanges: Nonstarchy Vegetables 2

Stuffed Mushrooms

Serves 5

Olive oil spray

20 large mushrooms

1/4 cup finely chopped onion

1 clove garlic, minced

1/3 cup grated Parmesan cheese

2 tablespoons tomato paste

2 egg whites or 1/4 cup liquid egg whites

1 tablespoon finely chopped fresh basil

1/8 teaspoon Italian seasoning

Pinch black pepper

Pinch salt

Dash paprika

1 Preheat oven to 350°F. Spray medium ovenproof baking dish with olive oil.

2 Rinse and dry mushrooms and remove stems, slightly coring out center of mushroom.

3 Finely chop stems and transfer to a medium bowl. Add remaining ingredients and mix well. Spoon mixture evenly into mushrooms.

4 Place mushrooms in prepared pan, tops down, and bake for 15-20 minutes, or until lightly browned and crispy on top.

5 Cool slightly before serving.



Per Serving:

Cal 147, Protein 8g, Fat total 10g, Carb 8g, Fiber 3g, Sodium 260mg

Exchanges: Nonstarchy Vegetables 3, Fats 1

Pesto Portobello Mushrooms

Serves 4

Olive oil spray

4 large portobello mushrooms

1 cup finely chopped zucchini

3/4 cup finely chopped celery

3/4 cup finely chopped bell pepper

4 green onions, thinly sliced,
including part of green tops

4 tablespoons pesto

Dash salt

Dash black pepper

1/4 cup grated part skim mozzarella cheese

2 tablespoons grated Parmesan cheese

1 Preheat ovens to 425°F. Spray a small baking sheet with olive oil.

2 Remove stems from mushrooms and finely chop stems.

3 Heat a large nonstick skillet over medium heat and spray with olive oil. Add chopped mushrooms stems, zucchini, celery, bell pepper, and onions. Cook for 3-4 minutes, stirring frequently, until vegetables are tender and dry. Remove from heat, and stir in pesto, salt, and pepper.

4 Spoon mixture evenly into mushroom caps, and place on prepared baking sheet. Bake for 15 minutes, until mushrooms are tender. Sprinkle mozzarella and Parmesan cheeses over mushrooms and cook for another 3-4 minutes, until cheese melts. Serve hot.



Per Serving:

Cal 95, Protein 5g, Fat total 5g, Carb 10g, Fiber 2g, Sodium 681mg

Exchanges: Nonstarchy Vegetables 2, Fats 1

Roast Tomato Soup

Serves 4

Olive oil spray

3 cloves garlic, minced

28-ounce can roasted tomatoes

1/2 cup low sodium chicken or vegetable broth

1 tablespoon butter

2 teaspoons lemon juice

1/2 teaspoon salt

1/2 teaspoon black pepper

3 tablespoons minced fresh basil (divided use)

4 tablespoons grated Parmesan cheese

1 Heat a medium saucepan over medium heat. Spray with olive oil and add garlic, and sauté for 1-2 minutes.

2 Add tomatoes with juice, broth, butter, lemon juice, salt, pepper, and 2 tablespoons of the basil to saucepan. Simmer for 10 minutes. Remove from heat. Let cool for 10-15 minutes.

3 Use an immersion blender or place in blender or food processor and puree until smooth.

4 Garnish with remaining basil and Parmesan cheese.



Per Serving:

Cal 130, Protein 9g, Fat total 6g, Carb 11g, Fiber 2g, Sodium 284 mg

Exchanges: Meat and Meat Substitutes 2, Nonstarchy Vegetables 2

Creamy Broccoli Bisque

Serves 7

Olive oil spray

1 onion, coarsely chopped

4 cups coarsely chopped broccoli florets or 16-ounce package frozen broccoli, thawed and chopped

1-1/2 cups low sodium chicken or vegetable broth

1 cup fat free evaporated milk

1 cup part-skim ricotta cheese

1/2 teaspoon seasoned salt

1/4 teaspoon black pepper

1 Heat a large saucepan over medium heat and spray with olive oil. Add chopped onions and cook, stirring constantly, for 4 minutes until tender and browned.

2 Add chopped broccoli and broth to saucepan, bring to boil, reduce heat, and simmer for 10 minutes until broccoli is tender.

3 Remove from heat, stir in evaporated milk, ricotta, and seasoned salt and pepper. Return to saucepan, heat, stirring constantly, until hot.

4 Using an emersion blender, puree until smooth. Or, process in small batches in a food processor or blender until smooth. Return to saucepan, heat, stirring constantly, until hot. Serve.



Per Serving:

Cal 157, Protein 12g, Fat total 1g, Carb 27g, Fiber 13g, Sodium 25mg

Exchanges: Starches 1, Nonstarchy Vegetables 1, Fats 1

Curried Red Lentil Soup

Serves 10

Olive oil spray

3/4 cup chopped onion

5 cloves garlic, minced

1/2 cup chopped celery

1/2 cup chopped carrots

1 teaspoon peeled and grated fresh ginger

3/4 tablespoon curry powder

1 teaspoon turmeric

1/2 teaspoon cumin

Pinch salt

6 cups water

2 cups red lentils

1/2 cup chopped fresh cilantro leaves, for garnish

Fresh red chili peppers, optional, for garnish

1/2 cup fat free Greek yogurt, optional

1 Heat a large saucepan over medium heat and spray with olive oil. Place onions and garlic in pan and cook, stirring often, for 3-4 minutes. Add celery and carrots and continue cooking until vegetables are tender, 5 minutes more. Add the spices and cook, stirring constantly, for another minute.

2 Add the water and lentils, bring to a boil, reduce heat, and simmer for 40 minutes. Stir occasionally and add more water, if needed.

3 Garnish with cilantro and thinly sliced red peppers. As a serving option, top with a dollop of yogurt and serve.



Per Serving:

Cal 94, Protein 3g, Fat total 5g, Carb 13g, Fiber 5g, Sodium 103mg

Exchanges: Nonstarchy Vegetables 2

Roasted Autumn Vegetables

Serves 6

1 medium eggplant, peeled and cut into 1/2-inch slices

1 medium onion, cut into 1/2-inch rings

1 medium bell pepper, seeded and thickly sliced

1 medium red bell pepper, seeded and thickly sliced

1 zucchini, cut into 1/2-inch slices

4 cloves of garlic

1 tablespoon extra virgin olive oil

2 tablespoons lemon juice

1/4 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon dried oregano

1 tablespoon fresh chopped mint

Fresh basil, for garnish

1 Preheat oven to 400°F. Line a large baking sheet with foil.

2 Place eggplant, onions, bell peppers, zucchini, and garlic in a large bowl. Add olive oil and toss to coat vegetables evenly.

3 Transfer to baking sheet and spread out evenly in a single layer. Roast for 15 minutes.

4 Remove from oven, turn vegetables with tongs, and return to oven for 10 more minutes.

5 Remove from oven again, and turn vegetable again. Roast for about 12 more minutes or until vegetables are tender and lightly browned.

6 Transfer to a serving bowl, and toss with lemon juice, salt, pepper, oregano, and mint. Garnish with basil leaves and serve.



Per Serving:

Cal 308, Protein 29g, Fat total 16, Carb 15g, Fiber 4g, Sodium 790mg

Exchanges: Meat and Meat Substitutes 4, Nonstarchy Vegetables 1

Spicy Salmon Salad

Serves 4

2 tablespoons chili powder

1 tablespoon onion powder

1 tablespoon garlic powder

**2 tablespoons xylitol, or
sugar-free sweetener**

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon paprika

**1 pound salmon fillets,
cut into 4-ounce servings**

Olive oil spray

**2 tablespoons extra virgin
olive oil**

**1 tablespoon balsamic
vinegar**

2 teaspoons Dijon mustard

**1/2 cup sliced button
mushrooms**

10-ounce salad greens mix

1 Combine the first 7 ingredients (seasonings) in a small bowl and mix well. Set 1-1/2 tablespoons aside.

2 Rub remaining seasoning mixture on both sides of all the salmon filets. Cover and refrigerate for several hours or overnight.

3 Preheat broiler or grill until hot. Spray both sides of salmon fillets with olive oil, then place on broiler pan or grill. Cook 7-10 minutes, depending on thickness, turning once.

4 For salad dressing, combine olive oil, vinegar, Dijon mustard, and reserved dry seasoning mix in a small bowl and mix well. Add thinly sliced mushrooms to dressing.

5 Toss salad greens with dressing and divide onto serving plates. Top each salad with a salmon filet and serve.



Per Serving:

Cal 316, Protein 27g, Fat total 19g, Carb 8g, Fiber 1g, Sodium 545g

Exchanges: Meat and Meat Substitutes 3, Nonstarchy Vegetables 1, Fats 1

Salmon Croquettes

Serves 4

14-3/4 ounce can salmon

1/3 cup bread crumbs (sprouted grain preferred)

1/3 cup finely chopped celery

1/4 cup finely chopped onion

1/4 cup reduced-fat mayonnaise

1 egg white

1 tablespoon salt-free seasoning

1 teaspoon lemon juice

1/2 teaspoon Worcestershire sauce

Dash black pepper

Dash Tabasco sauce

Olive oil spray

1 Drain salmon and place in a small bowl. With a fork and your fingers, carefully remove bones and skin and gently flake.

2 In a medium bowl, combine remaining ingredients, except for olive oil spray. Stir to mix well. Gently fold into salmon, stirring carefully so salmon doesn't break up.

3 Form 1/4 cup of salmon mixture into a small, flat patty, and place on a plate or baking sheet covered with wax paper. Repeat with remaining salmon. Cover with another sheet of wax paper and refrigerate for at least 1 hour.

4 Heat a large nonstick skillet over medium heat. Spray with olive oil spray and place as many salmon patties as will comfortably fit in hot skillet. Flatten slightly with spatula. Cook for about 4 minutes on each side, turning once very gently so they don't break, or until golden brown. (If patties do break, simply press them back together.) Carefully remove from skillet and keep warm. Spray skillet again and repeat with remaining salmon. Serve hot.



Per Serving:

Cal 170, Protein 37g, Fat total 1g, Carb 1g, Fiber 0g, Sodium 123mg

Exchanges: Meat and Meat Substitutes 3

Easy Roast Turkey and Gravy

Serves 12

4 pound boneless turkey breast (also called turkey roast)

Olive oil spray

1/4 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons canola oil (or pan drippings)

1-1/2 cups of low sodium turkey or chicken broth

1 bay leaf

1 tablespoon cornstarch

1/4 cup cold water

1/2 cup cherry tomatoes, for garnish

Fresh basil, for garnish

1 Preheat oven to 325°F.

2 Rinse turkey breast and pat dry. Spray with oil, then lightly salt and pepper. Place in a shallow baking pan, skin side up, and insert a meat thermometer into the thickest part.

3 Roast uncovered until the thermometer registers 170-175°F, about 1-1/2 hours. If turkey begins to get too brown, cover loosely with aluminum foil. Remove from oven and let rest for 10 minutes before slicing.

4 Prepare gravy by scraping up drippings from the bottom of the roasting pan and draining on paper towels.

5 Place 2 tablespoons drippings or canola oil in a small saucepan over medium-low heat with broth and bay leaf and bring to boil.

6 Stir cornstarch into cold water, pour into pan, reduce heat, and stir constantly until smooth and thickened, about 5 minutes.

7 Remove bay leaf. Drizzle gravy over turkey breast for serving. Garnish with tomatoes and basil.



Per Serving:

Cal 231, Protein 32g, Fat total 9g, Carb 5g, Fiber 2g, Sodium 455mg

Exchanges: Meat and Meat Substitutes 4, Nonstarchy Vegetables 1, Fats 3

Gourmet Stuffed Chicken

Serves 4

1 pound boneless, skinless chicken breasts (4 small or 2 large, halved lengthwise)

Olive oil spray

1/2 medium onion, finely chopped

1 clove garlic, minced

1/4 teaspoon salt

10-ounce cleaned fresh spinach, chopped

1/4 teaspoon black pepper

1/2 cup reduced-fat ricotta cheese

1/4 cup grated Parmesan cheese

Fresh chives, for garnish

1 Chicken is easier to slice if it's slightly frozen. Place in the freezer for 15 minutes while the other ingredients are prepared.

2 Preheat oven to 375°F. Spray a medium baking dish with olive oil.

3 Heat a medium, nonstick skillet over medium heat. Spray with olive oil, add chopped onions and garlic and cook for 4 minutes, stirring often.

4 Add spinach and salt and pepper to taste. Cook, stirring for 4 minutes until spinach is wilted and moisture has evaporated.

5 Transfer spinach-onion mixture to a medium bowl and let cool. Add ricotta and Parmesan cheeses and mix well.

6 Carefully make a lengthwise slice in each chicken breast, leaving the top, bottom, and one side intact to create a "pocket" for the stuffing. Divide cheese-spinach mixture and stuff into each "pocket."

7 Place stuffed chicken in baking dish and bake for 45 minutes or until chicken is thoroughly cooked.

8 Remove from oven and let rest. Slice stuffed breasts across the length for serving. Garnish with fresh chives to serve.



Per Serving:

Cal 130, Protein 24g, Fat total 3g, Carb 1g, Fiber 1g, Sodium 79mg

Exchanges: Meat and Meat Substitutes 4

Roast Pork Tenderloin

Serves 8

4 cloves garlic, minced

1 tablespoon finely chopped fresh rosemary

Kosher salt, or salt-free seasoning, to taste

Black pepper, to taste

2 pounds lean, boneless pork tenderloin

1 teaspoon extra virgin olive oil

1 Preheat oven to 350°F.

2 In a small bowl, combined minced garlic, rosemary, salt (or salt-free seasoning) and pepper to taste and mash together into a paste. With a sharp paring knife, pierce meat in several places and press garlic paste into the openings. Rub the meat with olive oil.

3 Place in a shallow, ovenproof pan and cook for 20 minutes per pound.

4 The roast is done when it is no longer pink in the center, and reaches 160°F on a meat thermometer. A 2-pound tenderloin will take 45-55 minutes.

5 When done, remove the roast from the oven, let sit for 5 minutes, slice and serve.



Per Serving:

Cal 62, Protein 1g, Fat total 1g, Carb 19g, Fiber 1g, Sodium 1mg

Exchanges: Fruits 1

Baked Apples

Serves 4

Canola oil spray

3 tablespoons xylitol, or sugar-free sweetener

1/4 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

2 apples

1 Preheat oven to 350°F. Spray a small baking dish with canola oil.

2 Combine xylitol (or sugar-free sweetener), vanilla, and cinnamon in a medium bowl; set aside.

3 Peel and core apples and cut into 1/2-inch thick slices. Place in bowl and toss with sweetener-cinnamon mixture, coating thoroughly.

4 Transfer to prepared dish, and cover with foil. Bake for 30-40 minutes or until apples are tender. Remove from oven.

5 Serve warm or cold.



Per Serving:

Cal 124, Protein 10g, Fat total 7g, Carb 5g, Fiber 1g, Sodium 108mg

Exchanges: Meat and Meat Substitutes 2

Decadent Chocolate Crepes

Serves 2

2 eggs

1/4 cup fat free ricotta cheese

Dash cinnamon

Stevia, or xylitol, or sugar-free sweetener, to taste

1 tablespoon semi-sweet chocolate chips

Canola oil spray

1 teaspoon powdered sugar

1 Beat eggs with an electric mixer set on medium for 1 minute. Add ricotta cheese, cinnamon and sweetener, and beat until mixed thoroughly. Fold in chocolate chips. (Or combine all ingredients in food processor and blend for 30-45 seconds.)

2 Heat small nonstick skillet over medium heat. Spray with canola oil.

3 Pour batter into skillet, and quickly tilt the pan in all direction so the batter evenly covers the entire bottom. Cook for 2-3 minutes, tilting pan and lifting edges of crepe to allow uncooked batter to run underneath. When batter on top is thoroughly cooked and bottom is lightly browned, carefully flip the crepe with a spatula and cook the other side for 1-2 minutes until lightly browned.

4 Transfer to a plate. Cut into quarters and sprinkle with powdered sugar. Serve warm.

Meal Planning Tools

Serving Size Guide

In addition to eating the right food, you also need to eat the right amount. The suggested serving size is different for different types of food. This "Serving Size Guide" lists the recommended portion size for common foods using household items for comparison.

Serving Size Guide	
Food	One Serving Looks Like
Raw Vegetable (1 cup)	Baseball
Cooked Vegetables (1/2 cup)	Light Bulb
Meat (3 ounces)	Deck of Cards
Fresh Fruit (1/2 cup)	Tennis Ball
Potato	Computer Mouse
Cheese (1 1/2 ounces)	Three Dominos
Margarine (1 teaspoon)	Tip of Thumb to First Joint
Bagel (1/2 medium)	Hockey Puck
Peanut Butter (2 tablespoons)	Golf Ball

Meal Planning Chart

Use the "Meal Planning with Calories" chart below to convert your calorie based meal plan to Carbohydrate Servings/Choices or Carbohydrate Grams, depending on which works best for you.

Meal Planning with Calories		
Daily Calories	Carbohydrate Servings/Choices	Carbohydrate Grams
1200 Calories	3 per meal	45 per meal
1500 Calories	4 per meal	60 per meal
1800 Calories	4-5 per meal	60-75 per meal

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Roast Tomato Soup

Roasted tomato soup garnished with Parmesan cheese and basil



Gourmet Stuffed Chicken

Chicken breasts stuffed with spinach and ricotta cheese



Roast Pork Tenderloin

Lean, boneless, and delicious—roasted pork tenderloin



Baked Apples

Incredibly easy and scrumptious baked apples



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